

Health Tip

Speed work gives runners the ultimate edge

Story by Navy Lt. Cmdr. J. Johnson

In last week's issue of the Horn Courier tips were given on how to become a more efficient runner. This article builds upon efficient runner techniques in regards to becoming a faster runner. There are many methods thought and taught in regards to running faster, with many of them producing results. The bottom line with each of those methods, regardless of which one you choose, is that you have to get out and pay the price. Often those you see out running fast have paid that price prior to ever stepping up to the race line. Even if you don't plan on running races, but just want to get a little faster on that next PRT or whatever the reason, this article is for you.

A few years back I came across a quote that epitomizes the running process in regards to running faster. "You can't go back to a place you have never been". If in training you have taught your mind and body to run fast when it's time to race you can go back and draw on that experience knowing you have done it before.

To lower those running times the name of the game is Speed Work! Over the next few paragraphs several different speed workouts will be discussed. It is recommended that you have been running regularly for at least a month to get a base under you prior to your first speed workout. You should do at least one speed workout per week. Rotating the workouts provides you a variety to keep things new and fresh. The bottom line is you're out getting the results. Finding a training partner is a good idea, as you will both push each other.

Each workout should begin with a light jog of anywhere from five to 10 minutes to get the muscles warm which can prevent pulling a muscle. I also prefer to stretch a little after the warm up in preparation for the speed workout. Once the warm up is complete and stretching done, it's time for speed!

The first speed workout is ¼ miles. The number you start with will depend on what type of shape you are in when you start the process, usually 4 to 6. To figure out how fast you want to run each ¼,



Soldiers from the 3rd U.S. Infantry Regiment (The Old Guard), Bravo Co., run early Sat. morning in a PT field adjacent to the airport at Camp Lemonnier, Djibouti. Photo by Spc. Eric M. McKeeby

you look at how long it takes you to run a mile, divide it by four and then drop 15-20, seconds and that is your target time. For instance if you run a 6-minute mile, you would get the following formula: 6 divided by 4 = 90 seconds (1:30) minus 15-20 seconds = 70-75 seconds. Therefore your target time would be to run your ¼ miles between 70-75 seconds with 60-90 seconds rest between each one. Following your speed workout, you should cool down with another 5-10 minutes of running.

The second speed workout is ½ miles. To start on these you will want to run three to four and advance to more as you get in better shape. To figure out your time for these you split your mile time in half and drop 15 to 20 seconds. For instance, using the 6-minute mile pace as an example, 6 divided by 2 = 3 minutes minus 15-20 seconds gives you a pace of 2:40-45. Between each of these you would jog a ¼ mile at a good pace and then go at it again.

A third type is combining the first two. Do a ¼ then a ½ then back to a ¼ and so on. During this you would still use the same times for the workout. For these you would probably want to begin with three to four sets.

A fourth type of speed workout is called a fartlek (a Swedish word for variable intensive training). It is

accomplished by running a predetermined time or distance at race pace (your quickest pace). For example running between two telephone poles, then jogging until the next pole then speed up again between the next two, continuing that for a predetermined amount of time (usually no longer than 10 minutes to begin).

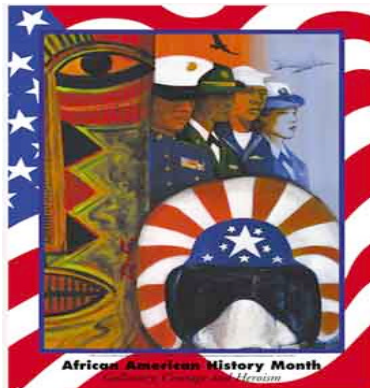
A fifth is to just go out and for ten to fifteen minutes running at race pace ("race pace" is usually your mile pace for a 5K race).

As you do these workouts you will experience some difficulty in getting through them. This, however, is what it takes to prepare physically to run faster further. Another key aspect to these workouts is mental conditioning. Mentally as you do these workouts you should imagine you are in the Olympics or a championship race with your rival just ahead of you or right on your tail. This will help you prepare for those times in a race/PRT that you may actually experience that. Mentally you will have prepared, and your mind will push your body on because you will have been there before in practice.

If you have any questions or need help getting started with a program, e-mail me or stop by the EMU and I will be glad to help. See you on the trail!

Bazaar

Camp Lemonnier will host a bazaar Sunday from 10:30 a.m. to 4 p.m. at the Cantina. There CJTF-HOA personnel will be able to purchase African souvenirs for sale by vendors from the shops in downtown Djibouti City. The MWR office expects a turnout of about 12 vendors.



Djiboutian Food Sampler

Thursday Bob Hope Chow Hall 7 p.m.

This is a Djiboutian tradition you don't want to miss. Please join us as these magnificent chefs provide tasteful samplers of Djibouti's fine food.

The New Ambassador Introduction

Friday Embassy 5 p.m.

Ambassador will introduce herself at the event.

Wrap-up Party

Saturday Djibouti Officer Club 7 p.m.

This will be the final celebration for Black History Month and everyone is invited.

For more information contact Capt. Shawanda Primm, USAF, primmsa@hoa.centcom.mil, 824-2017.